

# Mountain BIKE

BEST AVAILABLE COPY

Supplement to Redale Inc.

May 2003

www.MountainBike.com

*It's All About the*

*Trail*

## 2003 Event Guide

Races, Festivals, Camps  
& Tours You Must Be Part Of

## SHIFT HAPPENS

Shimano XTR vs. SRAM X.O

## 1,000 WORDS OF WISDOM

from 10 Mountain Bike Icons

## EXCLUSIVE FIRST LOOK:

Avid's Juicy Seven Hydraulic Disc Brake



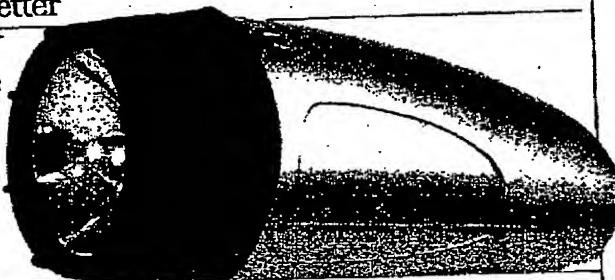
## J U S T I N

# Don't leave home without it

5 things that will make your ride better

## Now You See It, Now You Don't→

Intended for commuting applications, the \$30 BIT SUPER DOPPLER gives off light visible to 8,200 feet, courtesy of three LEDs. It runs for up to 200 hours on the two included AA batteries, offers flashing or constant-beam modes and relies on a quick-release mounting bracket that makes it easy to move the Super Doppler from one bike to the next, or simply remove it for daylight rides. 604/552-2930; [www.norco.com](http://www.norco.com)



## ←Control Your Bladder

Polar Design's BI-POLAR BLADDER features a non-toxic gel that can be heated or cooled to keep liquids at the temperature you desire. The made-in-the-USA reservoir fits into any 70- or 100-oz. bag and comes with a Lizard Skin insulated hose and a refridge-o-minder magnet for your fridge to remind you to throw it back into the freezer after a ride to keep cleaning to a minimum. \$35 for 2-liter, \$40 for 3. 203/426-9058; [polar.designpacks.com](http://polar.designpacks.com)

## Warm Glow→

With elastic cuffs for better gripping, soft insides that'll make you feel warm and fuzzy and reflective checkering to let motorists see you, Performance ILLUMINITE arm (\$20) and leg (\$25) warmers will let you commute to work in the wee hours of a chilly morning and stay late to finish that huge project even after the sun goes down. 800/727-2433; [performance.com](http://performance.com)



## ←Marshmallows Not Included

From the same company that brought us a bitchen energy drink comes the Extran ENDURANCE BAR (\$1.60/2.1-oz. bar). The vitamin- and carb-packed bar has a Rice Krispies Treat texture and a sweet flavor that'll keep you from cramping on long rides. Rest assured it's not added sugar that makes it taste so good; this bar is filled with apricot, apple and pineapple, with some rice cereal thrown in for good measure. 800/963-2650; [extranusa.com](http://extranusa.com)

## Tooling Around→

The \$30 Blackburn TOOLMANATOR multitool has 17 full-function tools, including a wire chain retainer to hold broken links together during repairs. Remove the full-size tire levers to reveal an underbelly of Allen wrenches, screwdrivers and actual wrenches—as if anyone uses wrenches these days. You never know, they could come in handy for tightening fenders or working on that under-the-chainstay U-Brake. 800/456-2355; [blackburndesign.com](http://blackburndesign.com)

